348. Daily Ambulation Activity and Physical Performance in Community-Dwelling older Adults with Functional Limitation

348. Daily Ambulation Activity and Physical Performance in Community-Dwelling older Adults with Functional Limitation

○金 美芝[1]、藪下 典子[1]、金 孟奎[1]、清野 諭[1]、笹井 浩行[1]、奥野 純子[1]、大藏 倫博[1]、田中 喜代次[1]
([1]筑波大学大学院 人間総合科学研究科)

【Background】 Reduced daily ambulation activity may place individuals at a greater risk of becoming dependent in older adults. It is associated with declines in ability required for performance of daily tasks. 【Purpose】 To examine association between daily ambulation activity and physical performance in older adults with functional limitation. 【Methods】 A cross-sectional analysis was conducted using 53 community-dwelling older women with a mean age of 75.8 years (SD = 5.8, range = 65-89). Daily ambulatory activity data were collected over 7-day using the uniaxial accelerometry. Participants were classified as steps per day (3 tertiles: low, < 3212; middle, 3212-5453; high, ≧5453). Physical Performance was determined using a 9-test battery including balance and mobility. 【Results】 The mobility performance tests were significantly different among groups ($p < .05$). The post hoc testing revealed that those showing significantly poor performance scores ($p < .05$) in low group than middle and high group. However, no difference was found balance performance tests. The daily ambulation activity was highly correlated with time up-and-go ($r=-0.59$, $p < .001$). 【Conclusion】 Compared to older adults with high functioning, reduced daily ambulation activity in older adults with functional limitation was related to poor mobility tasks as walking ability despite their a similar independent living status.

Key Word
older adults physical performance walking ability